



Newsletter

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Making a Come Back!

How to help avoid injury after a long break

Many of us have taken the past few weeks off of running and given our bodies a much deserved break. While this is excellent for recovery, hitting the road after a long absence can increase the risk for injury. Below are a few guidelines on how to make a safe come back.

Take it SLOW! - Do not expect to run a PB your first week. You will need to take a giant step backwards on your training in order to proceed forwards safely. You should start running at low speed and low mile-

age. Brisk walking is a great way to slowly ease back into your regular training program.

Strength Train - building up our supporting tissue around our bones and joints is one of the best ways to prevent injury. ARD will be hosting a strength training session on Saturday 1st August so no excuses for skipping this essential ingredient to safe running!

Small Increments - you should not increase your weekly mileage by more than 10% to minimize inju-



ARD at Greenbelt for their 1st LSD

ry. This means if you are running a total of 30 km's this week, next week you should only increase your total mileage by 3km's, totaling 33km's for the week.

Be Patient - you will recover your fitness and most likely improve on it if you stay committed. Don't feel frustrated if you are struggling for the first couple of runs. It will get better. Relax and just enjoy the process.

Upcoming Races

- Aug 2 : Finlands 10k
- Aug 10: Edgemead 10k
- Aug 16: John Koarsie 30k
- Aug 22: Puffer 80k, 21k
- Aug 29: Saldanha 21,10k



Amien in 1988

The Joy of Running..... A personal journey!

By Amien Pieteresen

After a sudden collapse at home one Saturday morning in 1987 I decided to quit smoking. I will never forget the fear etched on my then toddler daughter's (Fatima) face trying to revive me. I started running to avoid the inevitable weight gain. My first run was a disaster, I ran for about a km and I had to walk home. Over the next few months I slowly increased the distance and then

I ran a few 6Km and 8Km Fun Runs (very popular in those days).



Still looking just as dashing today!

Later that year I ran my first official race, the Penny Lane 10Km, in the colours of Defence. I got to the start line rather apprehensive, kitted out in my new gear and analogue watch. The race started and I kept telling myself I must not finish last. I completed the race in a time of 38:54, feeling very sorry for myself not knowing that it was actually a very good time. What happened in the following year was quite amazing, 10Km – 37:45, 15Km – 58:20, 21Km – 1:24:35, 30Km – 2:09:35 and 42Km – 3:10:45.

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The Journey Continues...

The Joy of Running - By Arnie Peterson

During a routine check-up in 1989 my physician picked up a murmur in my heart beat and after a few tests I was diagnosed as having "Aortic Incompetence". Simply put, it means that my aortic valve allows some blood to return to the heart after it has been pumped and it has to work twice as hard to deliver the same volume as a normal one. I was advised by my physician to take it easy while running as heart failure could result, not what I wanted to hear. Now that I could not make a career out of running it was time to look at alternatives.

I was stuck in a career that was not going anywhere and four small kids at home. I registered to study Mechanical Engineering part time to improve my future prospects. With working, studying part time and four small kids vying for my attention I sadly had to quit running. Soon after graduating I landed a dream job which afforded me the opportunity to grow. I could now focus on my running again.

It was in the mid 1990's that I started again. It was a very slow process and I got reasonably close to where I was before, 10Km - 43:00, 15Km - 1:08:00, 21Km - 1:32:00 and 42Km - 3:25:00.

I was told I would not run again...

Then, in 2003 disaster struck....! After being reduced to walking with the aid of a walking stick a MRI scan revealed a tumour in my spinal canal which was causing pressure on my Sciatic nerve resulting in the severe pain in my legs. After a six hour operation and another six weeks of recovery I was told by the doctors that I could not run again, but rather to walk. Being a runner, this was a bitter pill to swallow but I diligently followed the doctor's orders for a few years until I was encouraged by

Hassiem and Zaid to try running again. Looking back, as I approach my 60th Birthday this year....would I do it again? in a heartbeat. I am now in a career that I absolutely love and I am running again albeit at a much slower pace. Now, with my retirement looming on the horizon, I could possibly invest more time into my running and, who knows.....?

My advice to all the newbies... "Don't be too hasty to get to the Ultras.....Enjoy the ride".



ARD 3 Mei Race - its just around the corner!

The ARD 3 Mei race is the pride and joy of ARD and this year is looking to be one of the best events yet! Thanks to our dedicated ARD members, we have procured a number of exciting new additions like the VOC Live Broadcasting on race day! The lead up to the big day is filled with fun events and activities that members enjoy to help make our race a huge success! Please help us make the most of this day by lending a hand or two!



Running in the Dark—How to Be Seen and Stay Safe



Since the daylight hours are so short this time of year, many of us have no choice but to head out in the cover of darkness. Below are some safety tips you should practice and use even when running in daylight.

1. Wear Bright Clothing: Ditch the slimming black and opt for the funky neon's. Think 80's aerobics! The brighter the better. We want you to step out of your car and

blind us.

2. Invest in a headlamp—with Eskom still implementing load shedding, you will get your monies worth out of a good head lamp. It not only allows you to see the broken pavement and debris in front of you but also makes you highly visible.

3. Find a buddy—running on your own can be tough in the dark it can be terrifying! Make use of the ARD chat to find fellow running buddies who want to hit the road as much as you do. That way you can run in pleasant company instead of heart pounding dread of something lurking in the shadows.

4. Ditch the ear buds - your vision is already reduced, don't compromise your hearing as well. You need to be extra vigilant and use all your senses when running at night.

All that being said, running at night is personally my favourite time to run! The weather is cooler, the streets are quieter and the air even feels cleaner. Plus there is something calm and peaceful at that time of day and it is nice to get out there and enjoy it!

Between drivers with road rage, potholes and taxi's, running can be a dangerous sport in broad daylight! Running at night can be downright scary!

Don't give up! I believe in you all, a person's a person, no matter how small.—Dr Seuss

Upcoming League Races

2 August—Pinelands 10km

27 Sept—CT Festival Classic 21km

7 Oct—Bakgat 10km

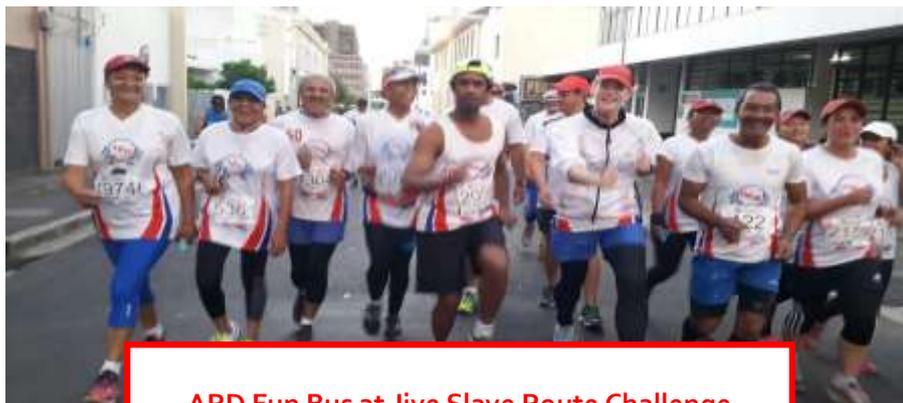
31 Oct—Elsies River 10km

ARD's Facelift! - The ARD Webpage recently got an upgrade!

If you haven't checked out the new ARD website you are missing out! With the gallery of pictures AND videos as well as blogs, useful links and even race results you cannot afford NOT to take a good look! Go to www.ardathletics.co.za and see for yourself!



Pretty in Pink
Abduragiem "Durie" Pathan



ARD Fun Bus at Jive Slave Route Challenge

ARD Ladies Breakfast

Once again we will be having another ARD ladies breakfast at Wynberg Park. Ladies, you get to enjoy a wonderful LSD through the beautiful hills of Constantia and return to a beautiful and lovingly prepared breakfast. Gentlemen, we do require your assistance on the day not only to help with preparations but also to make sure our ladies are well looked after on their run. It's a truly lovely morning!



Some ladies are so excited for this event they forget to check their shoes!



Our heroes! Hard at work!



Sightings of ARD Members

ARD in the media! Lookout for pictures of the red, white and blue in various newspapers, running magazines an even on TV!.

Running is so difficult when you have to and so easy when you want to...



Rafiek Roberts: 'That better not be the last koeksister!'



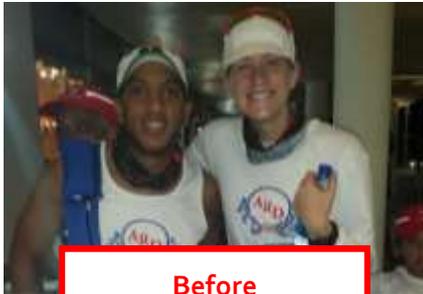
Shariefa looking gorgeous on the cover of the Sport section



What's wrong Diela? Caption this photo and you could win a prize! Send to suzie.germs@gmail.com



Memories of Comrades 2015



Before



After



It pains me to continue, but it hurts much worse to stop.

You Only Live Once
But If You Do It Right,
Once Is Enough



CLUB HISTORY

ARD Athletic club has been in existence for 13 years and endeavours to provide an avenue for the community to improve physical fitness and to lead a healthy life style.

The club was based in the Grassy Park – Retreat area but has grown to incorporate members from other areas especially the Salt River-Woodstock, Ottery and Wynberg areas.

Members participate in organized running and athletic events which incorporate regular road running and walking events such as the Two Oceans and Comrades Marathons. The club is also involved with organizing and assisting in community events such as fun runs and the Jive Big Walk.

Regular training sessions are conducted on a weekly basis and on Saturdays/Sundays a Pack run is lead by senior members of the club.

ARD Athletic Club strives to create space for community members, especially the youth to participate in running/walking and athletic activities.

ARD Athletics Club

If you have any advice, information or a personal story you would like to contribute to the club newsletter **PLEASE** send your write up to: suzie.germs@gmail.com

Just Run!



www.ardathletics.co.za

Knee Kriggles - Strength Training

Thanks to our strength training resident gurus, Adeela Kaprey and Zainu Ungerer, we have the following exercises to help us strengthen our knees and kick some asphalt butt! You can also join Zainu and/or Adeela for a strength training session. Please look out for the weekend notices for more details.

Kneed to Know

Strengthening your hips brings relief to sore knees

Exercising your hips can help prevent a link between weak hips and that all-too-common knee agony known as patellofemoral pain syndrome (PFPS), which aggravates the front of the knee. Most hip exercises cause a runner's torso to slightly distort gait—the hips can't adequately control the position of the leg. This places an healthy stress on the knee. These four exercises, done three times a week, help prevent and treat PFPS. —*AKH*

FORWARD LUNGE

Stand with shoulders relaxed and feet hip-width apart. Step forward onto one foot, then your whole foot. The rear knee will swing. End with the knee above the heel and the thigh parallel to the ground. Repeat 10 times on both legs.

SIDE PLANK

Lie on one side and prop up your torso with your elbow. Press your feet into the floor, and slowly lift your hips up toward the ceiling. Lift to a 90-degree angle between the hip and the knee. Hold for 15 to 20 seconds, and then switch sides.

SINGLE-LEG BRIDGE

Lie on your back with knees bent. Support your glutes with your feet. Clear any lower back tension, and raise one leg at a time. Hold for five to 10 seconds, repeat five times on both legs.

REVERSE STEP-UP

Stand, facing forward, in front of an eight-inch step. Step backward onto the step, setting only one foot down. Don't let the front leg go. Repeat 10 times on both legs.

Exercises for BAD KNEES

1. STEP-UPS
2. SHORT ARC
3. KNEE MARCHING
4. PARTIAL SQUATS
5. BIOMECHANICAL QUAD EXERCISE
6. STRAIGHT LEG RAISE

DON'T LET BAD KNEES PREVENT YOU FROM ENJOYING YOUR WORKOUT. STRENGTHEN YOUR MUSCLES WITH QUAD EXERCISES FOR BAD KNEES.

Please feel free to contact your Club Captains or Coach Marshal with any questions, comments and/or concerns you may have regarding running.

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